

# DINNERLY



## Vegan Mango Mini Pavlovas with Coconut Cream and Passionfruit Drizzle



2,5 hours



2 Servings

An egg-free pavlova? You better believe it! The secret ingredient is aquafaba – the liquid from a can of chickpeas. It whips into light, crispy meringues that taste just like the original. Top with swirls of whipped coconut cream, fresh mango and passionfruit for a sensational dessert.



## WHAT WE SEND

- 400g chickpeas
- 110g caster sugar
- 10g cornflour<sup>17</sup>
- 400ml coconut milk
- 150g icing sugar<sup>17</sup>
- 1 mango
- 2 passionfruit

\* The remainder of this ingredient won't be used in this recipe.

## WHAT YOU NEED

- ½ tsp white vinegar

## TOOLS

- large oven tray
- baking paper
- stand mixer or electric beaters
- sieve

Our veggies come straight from the farm, so please wash them before cooking.

## COOKING TIP

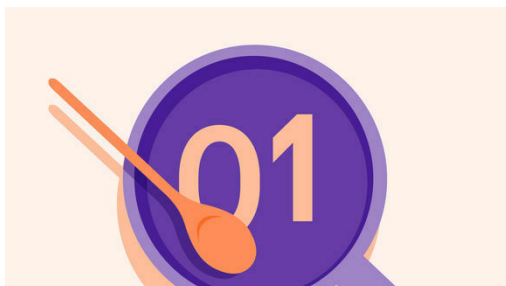
Plan this recipe ahead. Put your can of chickpeas and coconut milk in the fridge overnight to chill before using.

## ALLERGENS

Sulphites (17). May contain traces of other allergens.

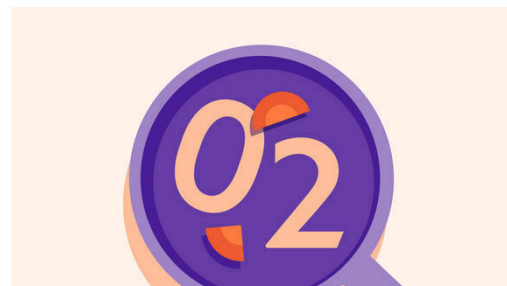
## NUTRITION PER SERVING

Energy 730kcal, Fat 35.5g, Carbs 93.2g, Proteins 5.5g



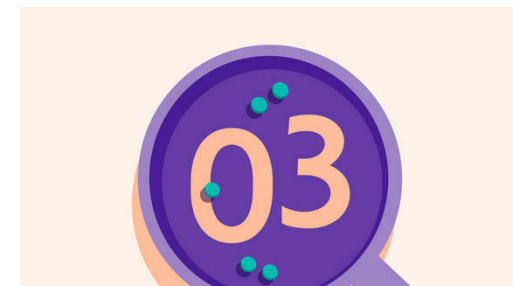
### 1. Prep ingredients

Chill the can of chickpeas and carton of coconut milk in the fridge overnight (this ensures the ingredients will whip). Preheat the oven to 100C. Line a large oven tray with baking paper. Drain the **chilled chickpeas\***, reserving **80ml (⅓ cup) liquid** – this is called aquafaba (see Kitchen notes).



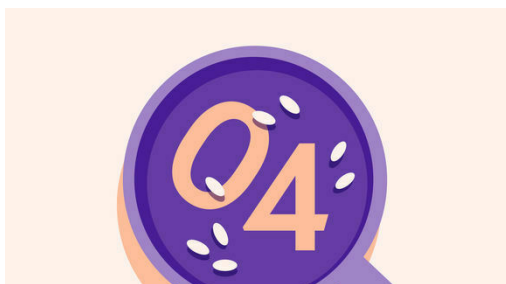
### 2. Beat aquafaba

Using a stand mixer (see Kitchen notes), beat the **aquafaba** on medium speed for 8 mins or until soft peaks form. Gradually add **110g (½ cup) caster sugar**, 1 tbs at a time, beating constantly for 10 mins or until the sugar is dissolved. Beat for a further 5 mins or until stiff peaks form and the mixture is thick and glossy. Add **½ tsp white vinegar** and beat for 1 min or until combined.



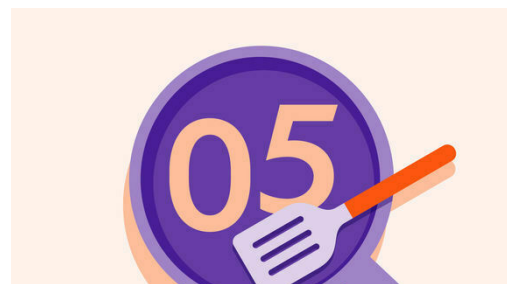
### 3. Bake meringues

Sift **10g cornflour** over the meringue and beat on low speed for 30 secs or until combined. Drop **heaped ⅓ cupfuls of meringue** onto the lined tray, spacing them about 5cm apart, then shape into six 8cm rounds. Bake for 2 hrs or until crisp and dry (they should sound hollow when tapped and come away easily from the baking paper). Cool the meringues in the oven with the door ajar.



### 4. Whip coconut cream

Meanwhile, cut open the top of the **chilled coconut milk** carton. Spoon the thick cream on top into a bowl (you don't need the thinner liquid at the bottom). Beat the coconut cream until soft peaks form, then sift over **1½ tbs icing sugar\*** and beat until combined and smooth.



### 5. Serve up

Peel the **mango** and thinly slice. Halve the **passionfruit** and scoop the pulp into a bowl. Just before serving, spread the **whipped coconut cream** over the top of each **pavlova**. Top with the **sliced mango** and **passionfruit pulp** and serve immediately. Enjoy! **Makes 6 (1 per serve)**.



### 6. Kitchen notes

The chickpeas aren't used in this dish, just the liquid (aquafaba). ~ A stand mixer is ideal for making the meringue. If using electric beaters, it will just take a little longer to reach firm peaks. ~ The meringues lose their shape if refrigerated or covered with toppings. If making these in advance, store in an airtight container and finish with cream and fruit just before serving.